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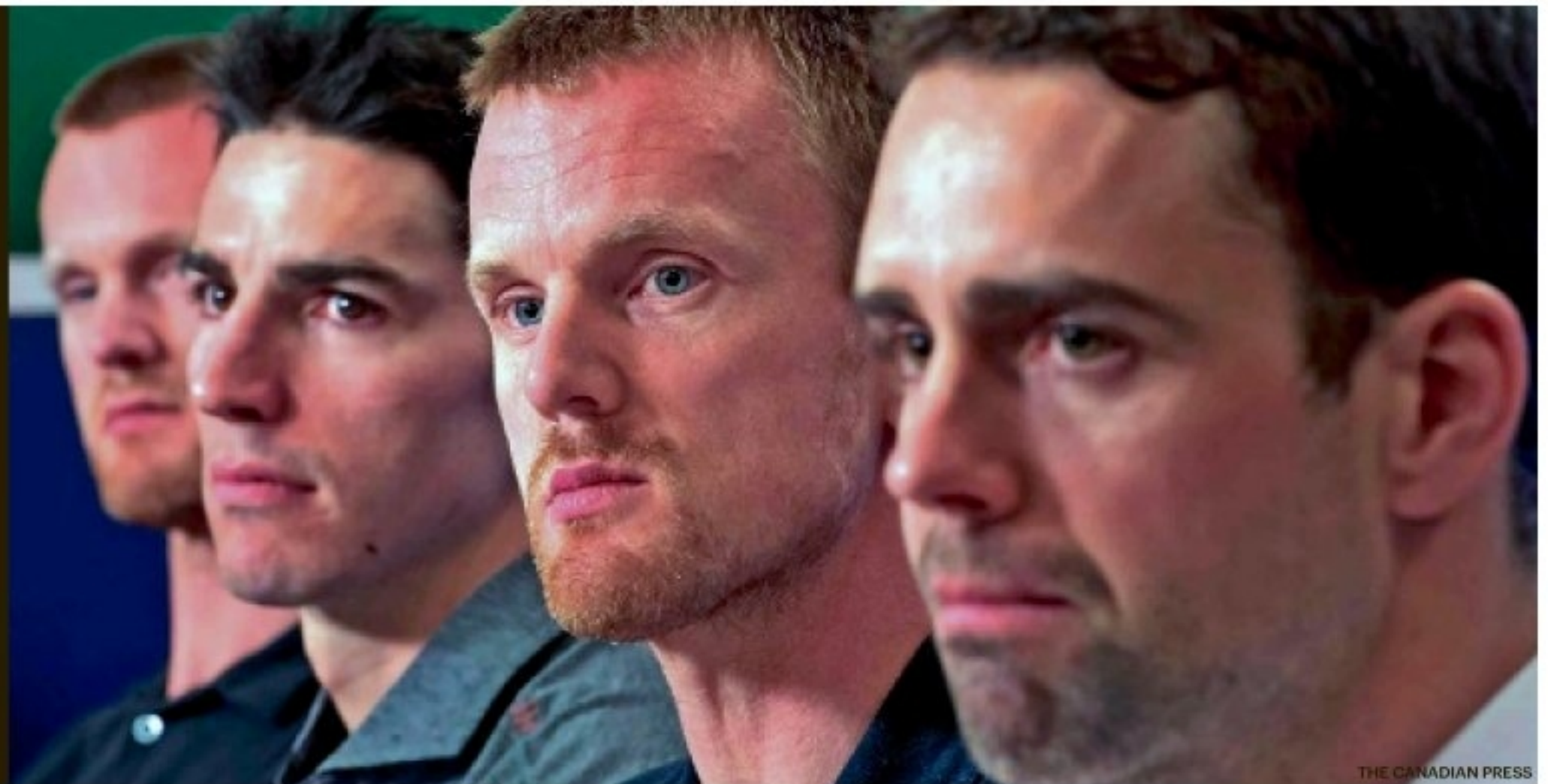
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THE CANADIAN PRESS

Vancouver Sikhs welcome formal apology

KOMAGATA MARU

Trudeau to
address historic
racist incident
in Parliament



Emily Jackson
Metro | Vancouver

More than a century after hundreds of predominately Sikh asylum seekers from India were

turned away from Vancouver's shores, the local Sikh community is celebrating Prime Minister Justin Trudeau's announcement that he will deliver a long-awaited apology for the Komagata Maru incident in the House of Commons.

"It's great for the community," Khalsa Diwan Society past president Sohan Singh Deo said Monday after Trudeau's announcement. "That was the community's demand for a long time."

It's been 102 years since the 376 passengers on the Komagata Maru were refused entry into Vancouver due to exclusionary immigration laws. After two months waiting in the city's harbour, the ship was forced to return to India where 20 passengers were killed upon arrival.

In 2008, former Prime Minister Stephen Harper apologized for the incident during a speech to about 8,000 people on a visit to Surrey. But immediately following his speech, the apology

was denounced for not taking place in the House of Commons.

"Most of the people, they thought it's not the right place to do that," Deo said, noting the Government of Canada made formal apologies in the House to Japanese Canadians for internment during World War II and Chinese Canadians for the head tax.

The Professor Mohan Singh Memorial Foundation, which has been pushing for a Parliamentary apology for more than

20 years, thanked the federal government for finally setting a date for the apology.

"It is time for us to file away a sad chapter in Canadian history," foundation president Sahib Thind said in a statement.

Trudeau intends to apologize on May 23.

"As a nation, we should never forget the prejudice suffered by the Sikh community at the hands of the Canadian government of the day. We should not — and we will not," Trudeau said Monday.

"An apology made in the House of Commons will not erase the pain and suffering of those who lived through that shameful experience. But an apology is not only the appropriate action to take, it's the right action to take, and the House is the appropriate place for it to happen."

The news comes as the Sikh community prepares to celebrate Vaisakhi with parades in Vancouver on April 16 and Surrey on April 23.



Build a better rat trap using sex

INNOVATION

Simon Fraser scientists lure rodents with pheromones

Scientists have outwitted the crafty rat with a stimulating new formula that puts sex on the brain.

A team at Simon Fraser University in Burnaby, B.C., has developed a rat trap that combines synthetic sex pheromones, food scents and baby rat sounds to lure rodents to their deaths.

The bait has proven 10 times more powerful than traditional traps and could be commercialized in two years, said principal investigator Gerhard Gries.

"Rats are really intelligent, and in order to manipulate them you have to be intelligent as well, and do that in a way that addresses their needs," said Gries, a communication ecologist in the department of biological sciences.

"It smells delicious, it smells like rat and it sounds like rat."



Gerhard Gries, left, and Stephen Takacs are part of a team at Simon Fraser University that developed a rat trap combining synthetic sex pheromones, food scents and baby rat sounds.

THE CANADIAN PRESS/SIMON FRASER UNIVERSITY HANDOUT/GREG EHLERS

Humans have waged war against the pests for more than 10,000 years, said Gerhard Gries, noting they spread disease, re-

duce agricultural crop yields and threaten endangered animal species.

But rats are quick learners

that have evolved to avoid traps, a behaviour called "neophobia," he said.

The new trap overrides ro-



In order to manipulate them you have to be intelligent as well, and do that in a way that addresses their needs. Gerhard Gries

dent smarts using a synthetic sex chemical that replicates the pheromones, or chemical messengers, of sexually mature male brown rats. It's a powerful attractant for female brown rats, Gries said.

Also blended into the bait are aromas of food sources most craved by rats, such as nuts, cheeses and cereals, and electronic sound recordings of rat pups. The fabricated cries trigger the maternal instinct in female rats, Gries said, while male rats will approach the bait believing they've discovered a meal.

The trap is styled like a traditional bait box and contains a mechanical snap trap that breaks the rodent's neck. Its "appealing message" works so efficiently on rats that consumers don't need to reset the trap multiple times, Gries said.

"By speaking their language, we can manipulate them or

guide them to locations where we can kill the responding rat," he said.

The team is hoping to commercialize the new trap with its industrial sponsor Scotts Canada Ltd. Its research was conducted under Canadian Council on Animal Care guidelines.

Gries said his primary motivation for developing the advanced trap is to reduce reliance on poison bait stations. Rats that consume poisoned bait bleed to death, Gries said, impairing their movement so they become easy targets for wildlife including owls, foxes, coyotes and big cats.

Such predators become sick feasting on the poisoned rats, creating deadly reverberations throughout the food chain. Gries said the new trap is an "earth-friendly" option that kills the rat instantly.

THE CANADIAN PRESS

CRIME

Investigators to address money laundering from illegal gaming

British Columbia is attempting to crack down on money laundering at casinos with help from the province's anti-gang police agency and strategies that encourage gamblers to come without a wad of cash.

Finance Minister Mike de Jong said 22 officers with the Com-

bined Forces Special Enforcement Unit will be dedicated to investigating groups that use gaming facilities to legalize proceeds of crime.

He said Monday that police will work with the B.C. Lottery Corp. and the Gaming Policy Enforcement Branch as part of

the Illegal Gaming Investigation Team.

"British Columbians that attend our casino and gaming establishments do so in the knowledge that they are participating in a lawful form of entertainment. They want to know and deserve to know that

the people sitting at the tables with them are doing so on the same basis."

De Jong said suspicious currency transactions of \$20.7 million last July led in part to the creation of a new unit, which will get 30 per cent of its funding from the federal government

through the RCMP.

Government figures show that was the highest transaction between April 2015, when \$11.8 million in dubious activity was recorded, and March 2016, when the figure was \$7.3 million.

He said the government's anti-money laundering strategy

involves developing and promoting the use of cash alternatives at gaming facilities.

Morris said the province's civil forfeiture program stands to benefit as proceeds of crime are seized and money is funnelled into crime prevention strategies. THE CANADIAN PRESS

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IN BRIEF

Forests recovering from pine beetle epidemic

University of Victoria researchers say B.C.'s forests are recovering from the devastating mountain pine beetle outbreak.

They say that over the span of the epidemic, dead and rotting trees pumped more carbon into the environment, increasing global warming. But that warming made the forests grow faster and the trees are now taking in more carbon dioxide.

Lead researcher Vivek Arora says forests are recovering. THE CANADIAN PRESS

Crews monitor grass fire

The B.C. Wildfire Service says a 16-hectare grass fire south of Penticton has been contained and is now in the mop-up stage.

Crews responded to the fire about four kilometres east of Cawston on Saturday and 14 firefighters were able to contain the blaze.

Officials say no structures were threatened, but crews remain on site. They suspect the fire to be human-caused.

THE CANADIAN PRESS

MP tables e-petition to ban electric shock collars

A B.C. MP has tabled Canada's first official e-petition in the House of Commons.

The online petition presented by Burnaby South MP Kennedy Stewart calls on the federal government to ban the sale and use of electric shock collars on household pets. Stewart says the petition started by two of his constituents was signed by more than 5,400 people across the country.

He says more than 60 official petitions have gathered about 150,000 signatures through Parliament's new e-petitions website.

THE CANADIAN PRESS



Richmond RCMP stand outside a banquet hall where four men were shot in January 2013. DARRYL DYCK/THE CANADIAN PRESS

Richmond wants to stick with RCMP: Poll

POLICE SERVICES

Residents say they don't want to pay for another force



Matt Kieltyka
Metro Vancouver

A report to Richmond council says residents don't support the cost of establishing an independent police force in the city.

The municipality launched a public-consultation process earlier this year to see if the city should break out of its RCMP contract and possibly start its

own municipal police department.

Council has been outspoken about the lack of oversight it has into the RCMP's operations and finances in the city ever since British Columbia — along with five other provinces and three territories — entered into a new 20-year service agreement with the federal agency in 2012.

On Monday, city staff presented council's general purposes committee with a summary of the consultation process, which consisted of more than 2,000 responses through an online survey and a poll conducted by public-relations firm FleishmanHillard and the Mustel Research Group.

"Ultimately, many residents

and stakeholders agree that the creation of a local, independent police force seems like a good idea and would reflect Richmond's community values, needs and priorities," the report states. "However, when taking into account the costs of establishing a new police force (both proposed transition cost and the addition funds required annually to support a new local police), residents were not convinced that there was enough cause for change."

Staff reported that the conclusions were consistent between the survey and the polling.

A report last year found that transitioning to an independent police department would come with a one-time cost of \$19.6 million and cost between

\$46.97 million and \$48.67 million a year to operate.

The cost of keeping RCMP policing in the community is \$44.74 million a year.

Richmond senior manager Ted Townsend told Metro it wasn't surprising to see people supportive of the RCMP in the community.

"Council has always said that they're pretty pleased with the level of service it gets from the RCMP. A lot of the issues we were looking at were about cost and governance," said Townsend.

"I can't predict what council will do. But if they continue with the RCMP, we do have a process in place we could use to address concerns within the existing contract."

TRANSIT

TransLink launches review

The last time TransLink did a public review of transit in Richmond, it ushered in B-line bus service to downtown Vancouver.

Sixteen years and one Canada Line later — and with the promise of a massive cash infusion from the federal government — the transit authority has launched another round of public consultations into transit service in Richmond, South Delta and Tsawwassen.

"The last time we did this was in 2000, before the Canada Line was introduced," said TransLink spokeswoman Jennifer Morland.

According to its website, TransLink's Southwest Area Transportation Plan will identify specific routes and areas that need attention to meet growing demand, address congestion and "establish a blueprint" based on priorities set out by the region's mayors.

An online survey asks commuters how they get around the sub-region and what it would take to get them to adopt public transit (or cycling or walking more) and provides people an opportunity to make suggestions on specific existing bus



A lot has changed. It's time to do this now.

Jennifer Morland

routes.

Consultations will continue throughout the spring, both online and at scheduled information sessions in the community this week. The schedule can be found at TransLink's website.

TransLink expects to announce its recommended strategies in the fall.

MATT KIELTYKA/METRO

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ENVIRONMENT

How tree tops could lead to 'holy grail'

British Columbia's trees could hold the key to unearthing the whereabouts of promising new mineral deposits hidden in remote and inaccessible regions of the province.

A provincial science group has released the results of an innovative pilot project that collects and studies samples from the tops of spruce trees for trace amounts of precious minerals in order to help mining companies hit pay dirt.

"It's a bit of a holy grail,"

said Bruce Madu, vice-president for minerals and mining with Geoscience BC, an independent public agency. "Imagine if

you can only sample the vegetation to learn about what's in the soil, as opposed to actually having to dig holes."

Conifers have been known to absorb metals and other elements from the surrounding soil and concentrate them in their twigs, bark and needles.

Analyzing the tree elements over a large region and mapping them out could offer a glimpse into the types and abundance of commercially valuable materials deep be-

neath their roots, Madu said.

"We know that mineral deposits are getting harder to find. They're lower grade and they're more deeply buried," Madu said. "So we're forced to try to find new techniques to see them, to discover them."

Over six days last June, workers travelled by helicopter and collected samples from the tops of 421 trees located scattered across a 1,000-square-kilometre plateau region in central B.C.

THE CANADIAN PRESS

\$4 million

The initiative is part of a \$4-million project to investigate the geology and mineral potential of a 24,000-sq-km area in the province's Interior.

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Vancouver's School Board is under pressure. THE CANADIAN PRESS FILE

Looking for a budget gift

EDUCATION

Parents plan to fight against planned cuts to vital programs

Tereza Verenca
Metro | Vancouver

A group of parents concerned about the Vancouver School Board putting gifted programs on the chopping block this year — a result of a \$27-million budget shortfall — is hoping their voices are heard during Tuesday's public consultation meeting.

Parent Advocates for Gifted Education in Schools (PAGES) will be setting up an educational fair and rally at Vancouver Technical Secondary School at 6 p.m., one hour before board trustees will hear from stakeholder groups and local residents. On display will be a variety of student projects completed through VSB's gifted programs.

The idea is to convince board members that gifted learners need resources too, says Deborah Stern Silver, mother to Grade 5 student Eliana, who started reading at the age of three and received the gifted designation at the age of nine.

"I think a lot of people just don't know that giftedness is a special need. They learn in a different way," she told Metro, adding giftedness is often accompanied by behavioural and emotional issues such as anxiety, perfectionism and attention-deficit disorders.

B.C.'s Ministry of Education says gifted students often dem-

onstrate outstanding abilities in more than one discipline, but may also have accompanying disabilities and should not be expected to have strengths in all areas of intellectual functioning.

"Kids at this age just want to fit in. They need to feel validated and that their needs are being met," she says.

The Vancouver School Board is facing a budget shortfall of \$27 million for the 2016/2017 school year and are looking at cuts that could impact 200 jobs. A preliminary budget proposal states district-based gifted staffing would be reduced from 3.7 full-time equivalent positions to 2.3.

"This change will allow the challenge district-based gifted programs to continue. This program supports the largest number of gifted students," the proposal reads.



(These programs) really give the kids a chance to be in a classroom with like-minded peers

Deborah Stern Silver

But Stern Silver is worried that it could mean eliminating the district's part-time educational psychologist (dedicated to identifying and assessing gifted students) and the gifted programs coordinator.

"Most teachers do not have training in gifted education, so it's valuable to them to have the (program coordinator), who can go into the classrooms and teach them how to teach these kids," she explains.

Study sounds alarm on Canada's 'missing girls'

SEX DISCRIMINATION

Indo-Canadian birth data shows gender imbalance

A preference for boys among Indian-born parents may have contributed to a deficit of more than 4,400 girls over two decades in what researchers in a new study are calling Canada's "missing girls."

The research, presented in the Canadian Medical Association Journal and the online CMAJ Open, looks at more than six million births in Canada and reveals that a greater presence of boys among Indian-born mothers may in part be linked to abortions in the second trimester, when parents can learn the baby's sex.

The birth data was compiled from databases administered by Statistics Canada and the Institute for Clinical Evaluative Sciences in Toronto between 1990 and 2011, and 1993 to 2012,



Baldev Mutta, centre, CEO of Punjabi Community Health Services in Brampton, Ont., with his granddaughter Talon Mutta, left, and daughter Rakhi Mutta. Mutta is involved in initiatives to celebrate girls born to Indian parents. BERNARD WEIL/TORSTAR NEWS SERVICE

respectively.

"The main implication is that among some immigrant communities, males are placed at a higher value than females. This is not just about abortions, it is about gender equality," said

lead author Marcelo Urquia of St. Michael's Hospital. "I hope that this is conducive to a respectful debate on the value of girls and women in today's Canadian society."

His study newly exposes a

relationship between induced abortions and the previously reported large numbers of boys among Ontario's Indian community, said Urquia, noting the data likely explains an imbalance in the rest of Canada too. Some of the "deficit" of girls may be due to "implantation of male embryos," said Urquia, but the data is insufficient.

For Baldev Mutta, CEO of Punjabi Community Health Services in Brampton, Ont., it's a question he and other community leaders will have to face. With this new research, he says, it is "time for some soul searching," in the country's Indian community.

"This is something that we cannot hide anymore," said Mutta.

He helped launch an initiative that flips the script on a traditional celebration called a "Lohri," meant for celebrating the birth of a boy, but which Mutta and a group of young South Asian women have turned into a movement called Lohri For Her. TORSTAR NEWS SERVICE

G7 MINISTERS

Dion vows renewed anti-nukes effort

Foreign Affairs Minister Stephane Dion says Canada can help kick-start the world's stalled nuclear disarmament efforts by pushing for tougher controls to prevent terrorists from building a nuclear weapon.

Dion joined his G7 counterparts on Monday in calling for a renewed effort towards nuclear disarmament after visiting the atomic-bombed Japanese city of Hiroshima.

But the minister also appeared to express frustration at what many see as the glacial pace of nuclear disarmament efforts.

"It's a challenge because over the last 20 years, it's stalled," Dion said in an interview from Tokyo, adding that there's been



This visit is not about the past, it's about the future.

Stephane Dion

"no major progress" on ridding the world of nuclear weapons in that time.

Dion said Canada will focus on the growing international effort to revive the Fissile Material Cutoff Treaty, or FMCT. It has been more than half a century since the United Nations embarked on creating the treaty, which would control the spread of nuclear materials. THE CANADIAN PRESS



Stephane Dion, second from left, with his G7 counterparts at Hiroshima Peace Memorial Park. KYODO NEWS/THE ASSOCIATED PRESS

REVENUE

Charities linked to terrorist financing

Federal revenue agency officials have handed senators detailed correspondence about six organizations whose charitable status was stripped over concerns about terrorist financing.

But the agency stresses that the fight against shady funding of political extremism begins with prevention — revocation being just one weapon in its arsenal.

The Senate defence and security committee has been pressing the revenue agency's charities directorate to provide the information since June of last year, but the federal election delayed the effort.

The pages cover the handful of cases since 2008 in which revocations involved concerns about terrorist financing.

Basic information about each case — including the World Assembly of Muslim Youth, the Canadian Foundation for Tamil Refugee Rehabilitation and the World Islamic Call Society — has already been made public.

But the various files — presented by directorate officials who testified before the committee — lay out details of the federal concerns.

The committee meeting Monday came amid growing concern about the surreptitious movement of large sums around the

+ 'THREAT'

Alastair Bland, director of the review and analysis division of the charities directorate, said there is a "recognized threat" against the Canadian charitable sector from people determined to support terrorism.

globe for illicit purposes.

The charities directorate says it turns down applications for charitable registration where terrorist financing risks arise.

The directorate also conducts audits of registered charities based on the risk and can take action ranging from education letters and compliance agreements to sanctions and revocation of charitable status.

In addition, it can also pass information about suspected criminal or security-related matters to police and intelligence partners.

The audit materials provided to the committee should give senators a sense of the complexity of the revenue agency's work, said Cathy Hawara, director general of the charities directorate.

THE CANADIAN PRESS

LAC-MÉGANTIC

Settlement payment contested

About 400 people are contesting the amount of money they have received from the \$460-million Lac-Mégantic settlement fund for victims and creditors of the 2013 rail disaster, the man overseeing the cash distribution said Monday.

Andrew Adessky said his firm, Richter, will begin responding to creditors within the next couple of weeks, adding that some of the challenges are valid and others are not.

Roughly 10 per cent of the 4,200 people who received cheques were not satisfied with their portion, said the court-appointed Adessky.

Victims have so far received half their expected payment for moral damages, Adessky explained, almost three years after a runaway train carrying crude oil derailed and exploded, killing 47 people.

The second half will be distributed at a later date, he said.

"We are reviewing the contestations," Adessky said. "In some cases we agree with them, in others we need more information, and we will also go back to other folks and say we disagree. People have the right to appeal our decision." THE CANADIAN PRESS

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IN BRIEF

Sporadic fighting mars first day of Yemen ceasefire

A UN-brokered ceasefire was mostly holding across war-torn Yemen on Monday with scattered violations reported by both sides. Much of the remaining violence took place in the besieged city of Taiz, where shelling killed at least one person and wounded five, according to residents.

The truce between the Saudi-led coalition, which backs Yemen's internationally recognized government, and the Shiite rebels went into effect at Sunday. THE ASSOCIATED PRESS

Israel to free Palestinian girl, 12, held in prison

A 12-year-old Palestinian girl who was imprisoned after she confessed to planning a stabbing attack in a West Bank settlement will be released early, Israel's prison service said Monday, capping a saga that drew attention to the dual legal system in the West Bank.

The case has put Israel in a tough spot as it deals with a girl who has pleaded guilty to a crime, yet has not completed the seventh grade. THE ASSOCIATED PRESS

Thailand to sentence drunk drivers to morgue work

To help combat the carnage on the country's roads during this week's traditional New Year's celebration, Thai authorities are going gory: Drunk drivers and repeat traffic offenders can be sent to work in hospital morgues to see the fruits of their actions. THE ASSOCIATED PRESS

David Cameron defends tax affairs

PANAMA PAPERS

Britain acting to stop evasion in overseas havens: Leader

British Prime Minister David Cameron fought back Monday after days of criticism over his finances, lashing out at what he called hurtful and untrue claims about his late father's investments sparked by leaked details about the offshore accounts of the rich and famous.

Trying to restore his government's shaken reputation, Cameron insisted that "aspiration and wealth creation are not somehow dirty words" and said Britain was acting to stop evasion in its overseas tax havens.

Cameron has been under mounting pressure since his father, Ian Cameron, was identified as a client of a Panamanian law firm that specializes in helping the wealthy reduce their tax burdens. The prime minister initially refused to say whether he had a stake in Blairmore Holdings, an offshore firm established by his father, before acknowledging he had sold his shares in it shortly before he was elected in 2010.

"I accept all of the criticisms for not responding more quickly to these issues last week," Cameron told



U.K. Prime Minister David Cameron gets set to appear before MPs on Monday for the first time since it emerged he had profited from an offshore fund. STEFAN ROUSSEAU/THE ASSOCIATED PRESS

lawmakers in the House of Commons. "But as I said, I was angry about the way my father's memory was being traduced."

Cameron said his father, who died in 2010, had set up an investment fund overseas so it could trade in dollar securities — "an entirely standard practice and it is not to avoid tax." He said millions of Britons had investments in such funds through their workplace pensions.

Revelations about the Cameron family finances — found among more than 11 million documents from the Panamanian law firm Mossack Fonseca — have overshadowed the government's claim that it is committed to closing tax loopholes. Cameron has championed greater financial transparency, and is due to host an international anti-corruption summit in London next month.

THE ASSOCIATED PRESS

+ IN CANADA

The Canada Revenue Agency is boosting its efforts to hunt down tax dodgers — including those who shelter cash offshore — under an expanded plan expected to recoup \$2.6 billion in unpaid taxes over the next five years.

THE CANADIAN PRESS

GEORGIA

Trial begins in hot SUV death

The judge overseeing the trial of a Georgia man accused of intentionally leaving his son in a hot SUV to die heard on Monday from about a dozen potential jurors who said they had scheduling conflicts. Two were excused.

Justin Ross Harris, 35, faces charges including murder in the June 18, 2014 death of his 22-month-old son, Cooper. Police have said the boy died after spending about seven hours in the SUV on a day when the temperature in the Atlanta area reached at least into the high 80s F (over 30 C).

Prosecutors have painted Harris as a man unhappy and unfaithful in his marriage who sought an escape and intentionally left the boy to die. Defence attorneys have called the boy's death a tragic mistake that Harris will have to deal with for the rest of his life.

He was indicted in September 2014 on multiple charges, including malice murder, felony murder and cruelty to children. That indictment also includes charges related to sexually explicit exchanges prosecutors say Harris had with an underage girl.

The extensive local and national news coverage of the case from the beginning will likely make it extremely difficult to find jurors who haven't heard or read about it. THE ASSOCIATED PRESS

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UTAH

Polygamy outlawed again

A federal appeals court restored Utah's ban on polygamy Monday, handing a defeat to the family from TV's Sister Wives and other polygamists who say the ruling could send plural families back into hiding out of fear of prosecution.

Others cheered the decision that they say will help authorities prosecute people for crimes tied to the practice, such as underage marriage and sexual assault.

The 10th U.S. Circuit Court of Appeals dismissed a 2013 ruling that struck down key parts of Utah's law against bigamy. U.S. District Judge Clark Waddoups had found the state violated polygamists' right to privacy and religious freedom.

The appeals court ruled that Waddoups should not have considered a lawsuit from Kody



Brady Williams RICK BOWMER/THE ASSOCIATED PRESS FILE

Brown and his four wives because they were never charged with a crime and there was little chance they would be.

Prosecutors pointed to Warren Jeffs, the imprisoned polygamist sect leader convicted of assaulting girls he considered

wives.

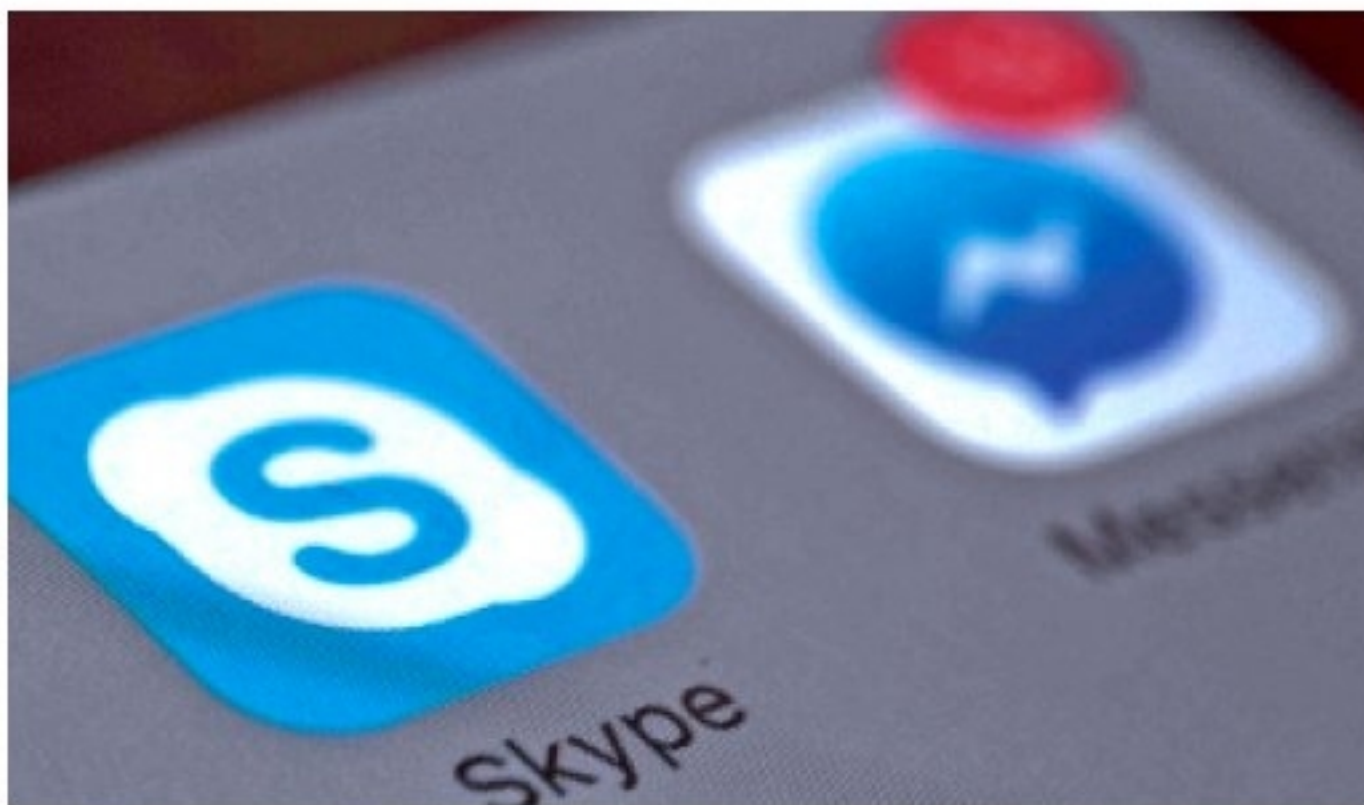
The Browns have never belonged to Jeffs' group, and lumping in good, honest polygamist families with him isn't fair, said Brady Williams, who has five wives.

"We're only guilty of trying to love a different way than the norm," he said. "They are marginalizing a minority class in the United States. That's unconstitutional."

The Browns will appeal the ruling, either asking the 10th Circuit to reconsider or taking the case to the U.S. Supreme Court, said their lawyer, Jonathan Turley.

"The underlying rights of religious freedom and free speech are certainly too great to abandon," Turley said in a statement.

THE ASSOCIATED PRESS



People who use Messenger and Skype for online chats can soon expect to see businesses offering information and other services with the help of messaging "bots." PATRICK SISON/THE ASSOCIATED PRESS

The chatbots, at your service

TECHNOLOGY

Why you might soon be texting robots as often as your friends

The robots are coming ... to help run your life, or sell you stuff, at an texting service near you.

In coming months, people who use Facebook's Messenger app, Microsoft's Skype and Canada's Kik for online chats can expect to find new automated assistants offering information and services at a variety of businesses. These messaging "chatbots" are basically software that's capable of human-like conversation — and of doing some simple jobs once reserved for actual people. Google and other companies are reportedly working on similar ideas.

In Asia, such software butlers

are already part of the landscape. When Washington, D.C., attorney Samantha Guo visited China recently, Guo said she was amazed at how extensively her friends used bots and similar technology on the texting service WeChat to pay for meals, order movie tickets and even send each other gifts.



Bots are the new apps.
Satya Nadella

"It was mind-blowing," said Guo, 32. U.S. services lag way behind, she added.

Online messaging has become routine for most people, offering more immediacy than email or voice calls, said Michael Wolf, a media and technology consultant. Messaging services are now growing faster than traditional

online social platforms like Facebook or Twitter, according to research by Wolf's firm, Activate.

And experts say messaging bots can handle a wider range of tasks than apps offered by retailers and other consumer businesses. In part, that's because bots can recognize a variety of spoken or typed phrases, where apps force you to choose from options on a drop-down menu. Reaching a chatbot can be as simple as clicking a link in an online ad or scanning a boxy bar code with a smartphone's camera; a special-purpose app requires a download and often a new account sign-up.

"Bots are the new apps," Microsoft CEO Satya Nadella said last month.

Facebook is widely expected to unveil similar tools for its Messenger chat service at the company's annual software conference starting Tuesday.

THE ASSOCIATED PRESS

REGULATOR

CRTC: No guarantee of speedy Internet

Canadians may want fast Internet access everywhere in the country, but that doesn't mean it will be guaranteed by Canada's telecom regulator.

Canadian Radio-television and Telecommunications Commission (CRTC) chairman Jean-Pierre Blais says any speed or service level his agency finds ideal won't automatically mean regulatory action to ensure it's accessible to everyone.

Blais opened exhaustive hearings Monday into whether high-

speed Internet access should be a basic service and what that could mean. But he said it will be up to participants to demonstrate why the CRTC should act and why market forces are not enough to ensure the public's need for Internet services is being met.

"As it is crucial not to confuse 'wants' with 'needs,' the CRTC is asking parties to take a fact-based and objective approach to these discussions," Blais said in an opening statement to the hearings. THE CANADIAN PRESS

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Ruth V, Ontario



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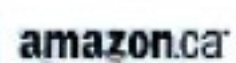
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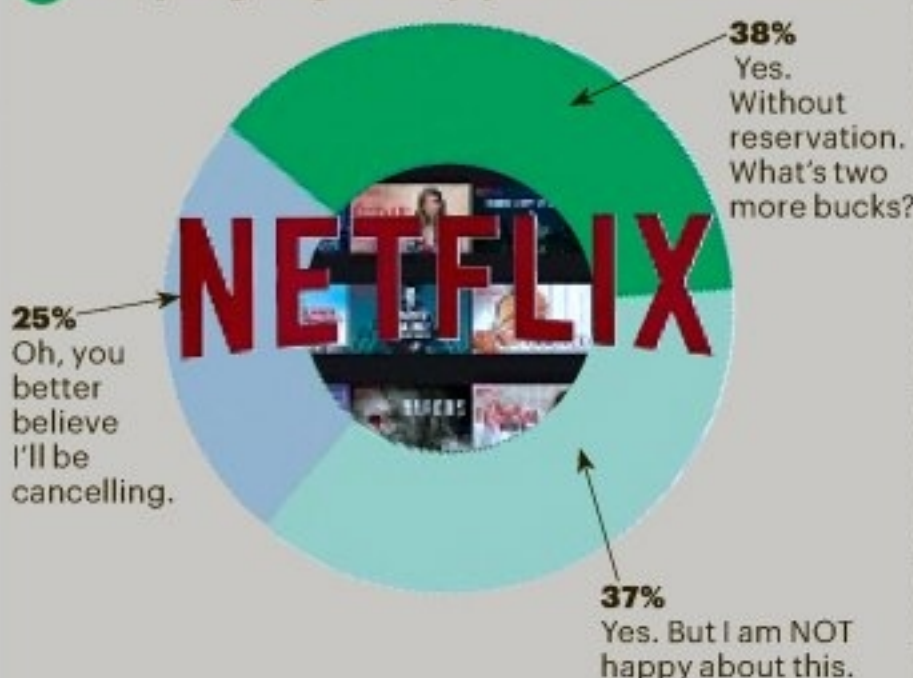
METRO POLL

Is Netflix asking for too much?

Streaming glad or screaming mad?

Don't look now, but Netflix has its hand out and it's looking at you, early adopters. Having already raised subscription rates for new members, the streaming giant will in May begin charging its legacy subscribers \$9.99 a month for service that has, since launch, cost \$7.99 a month. This, in the wake of the company's recent crackdown on "unblocking" services. We asked our readers to weigh in.

1 Are you going to keep your Netflix account?



2 What monthly services do you pay for?

- 48% A cable or satellite package
- 40% Netflix
- 6% Shomi
- 4% Crave
- 40% Both cable and at least one streaming service

WE ASKED Metro readers

Are you joking, Netflix!??

\$9.99 is still good value.

Frustrating interface. Stale content. Lack of new features. And now price increase?

It's all free somewhere. Netflix was just easier. But if you start gouging, you lose me!

A pack of cigarettes costs \$15.00 and that's without the taxes thrown in. So I would say Netflix is still really a great deal.

The hidden costs behind the subscription are the data fees, which make it an extremely expensive service if you watch a lot of movies.

visit metronews.ca
HAVE YOUR SAY

'Access without fear' policy a good first step

CITY HOLLER

Trish Kelly



Last week, Vancouver city council passed an "access without fear" policy, which aims to assure residents with uncertain immigration status that they can access city services.

There's also a promise not to report such information to the Canada Border Services Agency (CBSA) unless required by law.

Cities such as San Francisco, Los Angeles and Toronto already have policies that provide access to city services according to need, irrespective of immigration status.

Vancouver's move is a baby step toward truly offering such access. The policy as adopted won't cover police services, schools, the park board or

even the library system.

But baby steps are likely the way this work will get done. Many Canadian-born Vancouverites don't understand why such a policy is important. Some who read "uncertain immigration status" might think of people sneaking across the border at night, an imported stereotype likely absorbed from Fox News.

What should come to mind is the temporary foreign farm worker who got hurt on the job and then fired so that his employer could avoid paying his medical bill.

We're talking about the woman who moved to Canada under spousal sponsorship finding herself in an abusive relationship and forced to choose between staying with her abusive sponsor or breaking the terms of her permit to be here.

Even those who may balk at the argument that access without fear is a human-rights issue have to agree that we want all residents to feel like they can call the fire department when their home is on fire or the police when they witness a crime.

Currently, there are many people in our city who would hesitate to do these basic civic acts simply because they can't be certain that their immigration status won't be questioned.

The policy states that Vancouver's next steps will be to try to convince the police department, park board and VPL to adopt similar access without fear policies. It's too bad they didn't include our regional government in that list. Regionally, Vancouver is relatively better than some other member municipi-

palities and authorities. For example, Vancouver Coastal Health, which is responsible for the management of our health services, doesn't share immigration information with border services. On the other hand, Fraser Health Authority, which presides over hospitals in Burnaby through to Hope, directs their physicians, nurses and social workers to work with the CBSA and in a 22-month period made 558 reports to border services.

With Vancouver's baby step now duly taken, the hard work of giving the policy some real teeth can begin. It will be fascinating to see how Vancouver attempts to sway the VPD, park board — and public opinion.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

To yearn for Bern is to be the quintessential young Canadian lefty

It's a special insult that the U.S. is even doing socialism better than us.

Rhetorically, in any case. We might be living in the pseudo-utopia of Bernie Sanders' acolytes' dreams, with our health care and restrictions on campaign spending, our sick leave and mat-leave culture. But they have something that we want, too: Bernie himself.

Our supposedly lefty champion, Thomas Mulcair, saw his leadership future end with a hollow thud this weekend (the NDP voted to replace him, which could take a few years). Sure, he had his "pit bull" moments in the house, but did anyone #feelthe ... Nope.

Meanwhile, Sanders is more popular on Canadian millennial Facebook feeds than cats and puppies combined. Sure, he's cute in that scruffy, stray-dog kind of way. But it's not the cuddliness. It's the honesty.

Still dreaming they'll never turn cynical, young Canadians are primed to value not only the message of Sanders' democratic socialism, with its focus on free universities and its rage against soulless corporate greed, but also the vessel. Here's a man who has, for decades, been singing the same tune. Unlike the party-swapping Mulcair, Sanders is the grandpa who really DID walk to school in the snow, uphill, both ways.

It's for others to deduce what caused the NDP's implosion. But I spoke to enough

young voters during the campaign to know their idealism was ill met in the NDP's platform and its portrayal of a stiff, somewhat shifty leader.

Of course, I could dream up a more perfect candidate than Sanders. One that shatters at least one of the gender and race biases in politics. One with a stricter stance on guns. And Sanders is controversial among black American voters.

It's also worth wondering whether Sanders would be as beloved if he weren't also a slightly cantankerous New Yorker — is our love just an extension of our enduring fascination with America itself? The political equivalent of wanting to visit Detroit? And if we lived there (in Detroit, in the U.S.) would it seem as romantic?

Still, it's laughable that we're more afraid of socialism, the word, than America is right now: the NDP voted in 2013 to scrap that term from its constitution, partly so it wouldn't become an issue in the 2015 election.

Canada needs a solid left. A socialist party that walks and talks like one. One that champions the growing poor and fights against impunity among the rich (ahem, #panama-papers). We deserve a chance to vote for a leader who meaningfully defends the socialism already at work here.

I might not always vote for him or her, but my generation, in large part, will.

metro

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Fat and proud

It's an interesting time for the body-positivity movement. Amy Schumer took on Glamour magazine last week for calling her "plus size" and clothing retailer Addition Elle was criticized for firing an employee after she used the term "fat lady" in an endearing way. As the issue of labelling polarizes the plus-size community, Metro asked fashion blogger and entrepreneur Karen Ward about taking ownership of words used to hurt us.

Karen Ward
For Metro

I am adorably chubby, a freckle-faced eight-year-old waiting her turn for the monkey bars. A bully pushes me aside forcibly. I tell her I was waiting in line. She tells me to shut up and calls me a "fat tubba lard."

This is why the reclamation of the word "fat" is so contentious. But it's also why it is so important.

Twenty years later I am on the front lines of the body positivity movement in Toronto. I have been told all my life, either implicitly or explicitly, that I do not deserve the space I occupy or the beautiful clothing on my back because I am "fat."

In 2010 I started my blog Curvy Canadian, offering shopping tips, lists of stores that ship to Canada, and fashion inspiration to plus size Canadian women. Plus size clothing options are seriously lacking, and in 2012, I opened my own clothing store in Toronto, Your Big Sister's Closet.

I believe in the transformative power of dressing well. Fashion is a language, and plus size women have lacked the words so long that we barely know how to speak.

One of my customers, a petite brunette who just graduated from high school, was so shy when I first met her that she couldn't even talk to me or make eye contact.

She's been back many times since then and she's blossomed — shedding baggy sweats for my most dramatic pieces, her head held high while wearing her new electric blue pouffy skirt, and her voice audible. She is why I do what I do.

Body positivity is a social justice movement that reinforces that everyone, no matter their size, age, race, gender, disability, or appearance, is worthy of the right to be proud



From left: Sarah Taylor, reigning Miss Plus Canada; blogger Laura Caravaggio; blogger and boutique owner Karen Ward; Ophelia Alleyne, 2014 Body Confidence Canada Award Winner; Thera Warren, plus-sized stylist and blogger. LIZ BEDDALL/METRO

of their body.

The body positivity community in Toronto is leading the charge to change perspectives. Reclaiming the word "fat" is an important part of the movement.

The word "fat" has always been a "bad" word — used as an insult, and a cruel one at that, which is why plus size mega retailer Addition Elle fired store associate Connie Levitsky for using it.

"Fat" is much more value-laden than any other physical descriptor: tall, short, blond, brunette. None of these hold the same ability to hurt as "fat," which is why we need to reclaim this word.

We need to strip it of its ability to hurt, shed the nega-

We need to strip it of its ability to hurt, shed the negative connotations it has accrued, and use it to label ourselves. Doing so is a highly subversive act.

Karen Ward on reclaiming the word 'fat'

tive connotations it has accrued, and use it to label ourselves. Doing so is a highly subversive act.

I applaud Levitsky both for using the term and for speaking out about her firing. It has shed much-needed light on our movement, and educated brands like Addition Elle.

This issue of labelling has been polarizing in the plus-size community.

Supermodel Ashley Graham has been criticized for participating in the #droptheplus movement, a campaign devoted to eliminating the "plus size" label altogether.

Fans are angry because

Ashley is the face of so many brands that cater to plus size women such as Lane Bryant, Addition Elle, Forever 21+, and department stores like Saks and Nordstrom, and this has helped her get to where she is, but some people feel that she is forsaking the plus size industry and community by denying the term.

It would be wonderful if we could get rid of all these labels and just BE. Unfortunately, we're just not there yet.

We're not at the point where we can throw away the labels that help us organize our advocacy. There is still so much work to do.

Just as second-wave feminists rallied as one loud, unified voice, so must we before

we can enjoy what a third-wave body positive activism will bring — a celebration of individuality without labels. We're getting there. Slowly.

When I started my blog six years ago I initially titled it "Canadian Fatshionista," but changed to "Curvy Canadian" because I worried that brands like Addition Elle wouldn't work with me and that I might alienate readers.

Now, I would choose "Canadian Fatshionista" without hesitation — not because I believe that attitudes have changed, but because I have come so far in my own body positivity.

I can now own that word. It's time to take it back.

I am fat, and I am proud.

When you're Aniston's yoga teacher

INTERVIEW

Mandy Ingber breathes deep and doesn't let it go to her head

While she may not have been spotted at Central Perk, celebrity yoga instructor Mandy Ingber has played a "friend" in an extended episode of Jennifer Aniston's real life. Call it The One with All the Yoga.

Ingber, who credits her yogi father for raising her on the craft, is a former actress herself who played Annie Tortelli in Cheers and short-lived spinoff The Tortellis. Today she's a New York Times bestselling author and creator of an instructional workout DVD inspired by her fitness philosophy she calls "Yogalosophy."

Ingber spoke with Torstar from Los Angeles about her famous friend and her fitness values, outlined in her upcoming book *Yogalosophy* for Inner Strength: 12 Weeks to Heal Your Heart and Embrace Joy (Seal Press: \$33.95), out May 20.

What inspired you to make yoga such a big part of your life?

Jennifer (Aniston) actually was the one who pushed me. I started teaching her and she started talking about me. It just happened.

You've instructed her for years. How have you seen her progress?

It's been a long time, like 11 years or something. She

started at a time when she was going through a divorce; it was a trying time, and it was a transitional time. At that point, I think it was really just finding a way to have acceptance and presence to what she was feeling. Sometimes moving your body can bring you into a better place mentally and emotionally. I think practising yoga on a daily basis brought her to a better place where she was comfortable in her own skin no matter what was going on.

You talk a lot about the "yoga mentality." What does it mean to incorporate that into other workouts that aren't necessarily yoga?

If you don't do yoga, it doesn't mean that you can't have a sense of detachment, which means not attaching yourself to your thoughts or your emotions. To be able to have a little bit of separation from the negative part of yourself that wants to quit. It starts physically by the breath; how does my heart feel pumping my blood? Then we start to notice our thoughts, and we redirect our thoughts, gain some control, gain control over the breath.

TORSTAR NEWS SERVICE



CHALLENGE

Toe the line with this fun foot stretch

YuMee Chung
Torstar News Service

Tabi are Japanese split toe socks, designed to be worn with traditional thonged footwear. They were the socks of choice for samurai during Japan's feudal era and are still sported by many martial artists. Learn to isolate your toes with this simple stretch.

Tabi Toes

1. Sit on the floor with legs outstretched and feet side by side. Flex your ankles until the soles of the feet are vertical — the ankles should resemble standing ankles. Spread your toes.
2. Press both big toes away from you while bringing the remaining toes back in the opposite direction. If the toes aren't overly co-operative, use your hands to manually pull the smaller toes back while you focus on the reach of the big toes. Feel free to bend your knees when reaching for the toes.
3. Now, find the opposite action: Move the big toes towards you while curling the remaining toes away. If this is challenging, push the smaller toes away with your hands while you focus on pointing the big toes back toward you.
4. Aim for ninja-like precision as you repeat the exer-

cise, gradually speeding up as the intrinsic muscles of the feet get stronger and more co-ordinated. Complete eight rounds. Practise this regularly to improve your balance and get lighter on your feet.

If the arches of your feet cramp up while trying Tabi Toes, give them a little stretch and a massage before attempting to complete the exercise using 20 per cent less effort.

This kind of cramp is the result of overwork and neurological confusion; the pattern of cramping should resolve with practice.

Toeing the line between foot fact and fiction

The toes help us to balance and propel us forward when we walk and run. Test this out by lifting the toes while attempting to balance on one foot or while jogging. The big toe carries more weight than any other toe, bearing about 40 per cent of the load. The big toe is also the last part of the foot to push off the ground when taking a step.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

FOOT FACTS

The big toe carries more weight than any other toe, bearing about 40 per cent of the load.



If your toes aren't overly cooperative, use your hands to manually pull the smaller toes away. CONTRIBUTED

HUMAN RIGHTS

Miscarriage as disability ruling may shift workplace policies

A recent ruling branding miscarriages as a type of disability has the potential to change the way society tackles a stigmatized issue, survivors and experts say.

The Ontario Human Rights Tribunal delivered what is believed to be the first finding of its kind last month when it ruled that a miscarriage was an uncommon condition that could impact a woman's ability to function within society. The case centred on a discrimination claim filed by Winnie Mou against her employer — an Ottawa-based project management firm known at the

time as MHPM Project Leaders.

Mou alleged that she had been fired for missing performance targets due to medically related absences caused by both a deep tissue injury and a June 2013 miscarriage, and argued that both events constituted disabilities that the employer refused to accommodate. MHPM argued that Mou did not suffer from a disability, since neither the injury nor the miscarriage were permanent or persistent conditions.

Tribunal vice-chair Jennifer Scott sided with Mou, stating in an interim decision that a mis-

carriage should not be viewed as a short-term condition.

"A miscarriage is not a common ailment, and it is certainly not transitory," Scott wrote.

"It is clear from the applicant's testimony that she continues to experience significant emotional distress from the miscarriage even today."

Legally, comparable conditions have been handled in similar fashion. Christine Thomlinson, co-managing partner of employment law firm Rubin Thomlinson in Toronto, said the provincial courts that establish case law

in this area have interpreted the Human Rights Code very broadly over the years.

The latest tribunal ruling therefore did not come as a particular surprise, Thomlinson said. But she said the ruling will leave both employers and employees navigating a challenging grey area and force them to have conversations that have likely not been taking place on the job.

"What it will emphasize is that the accommodation process in the workplace is intended to be collaborative," Thomlinson said. "On the one hand, employees

can take from this decision that they have an entitlement to be accommodated, but that can't go so far as to say there's an accommodation obligation if there's no information suggesting that you had a miscarriage."

Thomlinson described the ruling as a positive development overall, but questioned how uncommon miscarriages are. If there should be an influx of disability claims based on miscarriage, Thomlinson said employers may find themselves struggling to cope.

THE CANADIAN PRESS

+ PRECEDENT

Comparable conditions to miscarriage have been handled in a similar way. Issues ranging from obesity to drug addiction to depression have all been formally recognized as disabilities in Canada, according to Christine Thomlinson, co-managing partner of Toronto employment law firm Rubin Thomlinson.



Ilene Shioyuchi, left, and her friend Maha Alavi met through Instagram. TORSTAR NEWS SERVICE

From insta-pals to real life bonds

TECHNOLOGY

How people use Instagram to meet friends, partners

Ilene Shioyuchi's Instagram account is a carefully curated collection of millennial staples: selfies, brunch and coffee.

But it serves a purpose higher than ego-boosting — it's how she attracts and seeks out real-life friends.

"The great thing about meeting people through Instagram is that when I meet up with them, I feel like I already know a lot about them," said Shioyuchi, a 24-year-old Torontonian studying advertising at Centennial College. "We're able to hit it off right away."

Shioyuchi is one in a niche community of Instagrammers who are using the app for more than lurking through photos of stranger's acai bowls or bikini selfies. They're building friendships, flirting and forming emotional bonds with strangers — some who they'll meet in person, others who'll remain online connections — all because of the appealing glimpse they got into the highlight reel of someone's life.

Instagram appears to be aware of its friendship-forming potential. The company encourages users to organize "InstaMeet" events, where Instagrammers meet up in per-

son at a specific time and date, proliferating their account with photos and hashtags throughout the event.

In February, the Japanese duo behind the #2015bestnine craze, which saw Instagrammers visiting a website that created collages of their most-liked photos from the year, launched Nine, a "matching app" that compiles your top nine most-liked Instagram photos and lets you swipe through other users' photos. It's a tool Instagrammers can use to procure friends or dates, said founder Yusuke Matsumura. But others don't need a separate app. They rely on Instagram's "explore" tab, a function that displays popular images or ones selected based on their past activity.

Torontonian Farrell Tremblay started up a year-long flirty friendship with a tattooed Californian after stumbling on her selfie via the explore tab.

"She was really cute and I commented saying such," said Tremblay, 31.

The woman responded via direct message, kicking off a friendly relationship that got so serious Tremblay considering moving to California with a friend. The plan fell through when his friend didn't get the job he wanted.

They've never met in person. While Tremblay says he doesn't actively use Instagram as a dating platform, others happily admit they're seeking out singles.

Heather Purdon, 23, said she

likes the app because it gives a sense of someone's personality. Travel photos could show they're adventurous, party photos show they're social and creative pictures show they're artsy. Her own account features mostly dogs and pizza, she said.

And according to her friends — more seasoned online daters — there's specific etiquette to Insta-dating.

"You start following someone and liking their photos, maybe leaving a comment here and there," she said. "I would never directly message someone upon following them right away... It's a gradual thing. You don't go right for it."

Some may find these interactions silly or unlikely to lead to real connections, but success stories exist.

American 20-somethings Denis Lafargue and Elizabeth Wisdom met through the app in 2012. They chronicled their relationship on Instagram with photos of everything from when they first met in real life to Lafargue's proposal — which fittingly involved Lafargue printing out a timeline of Instagram photos. They married in 2014.

Experts aren't surprised millennials are co-opting Instagram to find relationships.

"People are using anything and everything to find their partner," said Bhupesh Shah, co-ordinator of Seneca College's social media graduate certificate. "You're going to cast a wide net."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

How James Corden wins over our hearts, bit by bit

THE SHOW: James Corden's *Carpool Karaoke* (YouTube)
THE MOMENT: Stevie Wonder's phone call

"This is indulgent of me," Late Show host James Corden, driving, says to Stevie Wonder, in the passenger seat. "My wife doesn't believe I'm in the car with you."

"What's her name?" Wonder asks.

"Julia," Corden says. "She's gonna lose her sh—."

Corden passes his phone to Wonder. Julia answers. "This is Stevie," Wonder says. He sounds a note on his harmonica and begins to croon: "I just called to say James loves you." Corden's eyes fill with tears.

Late night talk shows have become less about the shows themselves, and more about the bits that trend the next day. Interestingly, each host's best bit plays to his personality. Jimmy Fallon, who is painfully sycophantic and competitive, uses both in his wildly popular Lip Sync Battles. Jimmy Kimmel, whose very face



James Corden, right, and Stevie Wonder. CONTRIBUTED

looks like a wisecrack, excels at getting people to make fun of themselves — hence his hit, *Mean Tweets* (celebs reading mean tweets about themselves).

Corden, by contrast, is not about snark, he's about sincerity. And there's nothing more sincere than driving around in a car singing to the radio. Corden may be a successful talk show host, but he's also a bloke who understands that harmonizing

and car-seat-dancing might well be the best parts of our work days. To be able to do that with singers like Adele, Jennifer Hudson or Justin Bieber — he knows what a dream come true that is, and he conveys that.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



"Children and families have a right to quality public education."

Emma S., parent

School closures...is your school next?

Public Meeting on VSB Preliminary Budget Proposals

Tuesday, April 12, 2016

7:00 pm / Rally at 6:30 pm

Vancouver Technical Secondary School
2600 E. Broadway / Large gymnasium

A message from the working women and men who support children in Vancouver schools — CUPE 15.

Rally outside at 6:30 pm

COPE 491

LEARNING CURVE

Don't let summer slow you down

Final exams will soon be a thing of the past and students will breathe sighs of relief as they usher in summer vacation. And while for most it is a time to work, travel or relax, academics should not be totally forgotten, says one education expert.

"The way our society is, you have to be committed to continuous learning throughout your career and that starts while you are in school. If you take an active approach it will ensure you are progressing," says Allison Schubert, an instructor and coordinator of academic upgrading courses at Vancouver Community College known as Career Access, which help students learn how to develop career decision-making skills. "It's good to stay connected to your field of study and there's lots of ways to do that without taking formal, tuition-based courses."

Remaining in an academic mind frame over the summer break, Schubert says, could actually start before the semester ends. She says talking to instructors or professors is a great first step in finding out what you can read or review to stay current.

"I'm sure most instructors would see a



ISTOCK

student approaching them as positive and would be happy to suggest readings or names of authors who might be influential in your field," she says. "Also, if you're in a program that builds on prior knowledge each semester, doing a review will be helpful. Focus on the topics that you found challenging so that you are comfortable with them when the next semester rolls around."

Because being engaged during a time traditionally devoted to an academic break can seem daunting, students can also take more

hands-off approaches. This includes focusing on career goals and the field they will enter rather than coursework review or readings.

"Mentors are a fantastic source of knowledge to help you to understand what you are working towards in a more realistic way," says Schubert. "Joining professional organizations and going to networking events are potential ways of meeting mentors. You can also use social media, such as LinkedIn, where you can follow professional groups to get updates on the industry in which you will be working."

MULTITASKING

Multitasking often gets a bad rap. However, says Schubert, make the most of your summer vacation by combining scholarly activities with summertime fun. For example, take your review materials or readings to the beach, so that studying feels more like a "want to do" rather than a "have to do".



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ECO-FASHION WOWS ON RUNWAY

Eco Fashion Week kicked off its 10th Edition in Vancouver this week with numerous runway events, but one of the most anticipated events was none other than this year's 81-pound Challenge.

Teaming up with Value Village, the Visual College of Art and Design (VCAD) partnered with Eco Fashion Week to demonstrate just how much textile waste the average North American creates and how it can be repurposed through sustainable concepts such as rethink and reuse. Did you know the average North American disposes approximately 81 pounds of clothing each year — a drastic 13-pound increase from 2014 — and only 15 per cent of that gets donated or repurposed?

As part of the VCAD 81lbs Challenge

presented by Value Village, VCAD's fashion students focused on deconstructing and redesigning outfits purely from dead stock — items that never sold — to create stunning new pieces under the mentorship of their instructors. After six intensive weeks, what emerged was an original 30-piece collection inspired by the 1920s that captivated the entire audience and kept them in awe the entire night.

The upcycled collection, which features everything from day-to-day wear to evening gowns, illustrates just how imaginative repurposing clothing can be. One would never imagine that the glistening gold halter dress was once an unwanted sari, or that the chic embroidered black dress originated from what

was once considered a passé pillowcase.

Congratulations to Eco Fashion Week, Value Village, and VCAD's fashion students and instructors for undertaking such an immense challenge! For a complete set of looks from the runway, stay tuned to VCAD's Facebook page at facebook.com/VCAD.ca.



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Practical nurses are known for their ability to take on any situation, turning on a dime to respond appropriately in urgent situations when they're needed most.

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Best ways to study based on exam type

Not all exams are created equal and the way you study for the various formats should also differ, says a learning strategist at Toronto's Centennial College.

"True or false, multiple choice, essay or short answer are the most common exam types," says Joanne Dominico, who helps students identify their learning style and offers learning strategies. "Typically, instructors will tell students the exam type or the information will be in the course outline. Knowing the format will definitely help you to prepare."

In general, Dominico is an advocate of studying smarter, not harder. She says this includes reviewing notes throughout the semester and beginning to study for exams two weeks in advance by creating a study schedule and prioritizing.

"Prioritize by which exam is first, what each exam is worth and how you're doing in each course," Dominico says. "If you're struggling in a course and need extra marks, you may want to commit extra time to that exam."

Because multiple choice and true and false exams are similar, Dominico says study methods are the same. Both exams types essentially test your skills in selecting the best answer, and the ability to recall and connect information with the question.

"A lot of students study passively by reading and copying notes, which is very mindless," she says. "Instead, I would say create flashcards, explain concepts in your own words and study with a partner. The key is to practice so that you get better at logically selecting the best answer."

Short answer exams, meanwhile, says Dominico, are used to test your knowledge of key facts. To prepare, she recommends studying the basics and teaming up with a partner who can quiz you because reciting out loud will make an impact.

"Think about learning a new language. You don't learn by reading it, you learn by speaking it," she says. "On average, you only retain five per cent by listening and 90 per cent if you're actively learning."

And while there is a belief among stu-



ISTOCK

dents that they don't have to study for essay exams, Dominico says it's a common misconception. Knowing course material well is key to essay exam success so Dominico suggests making a summary of class notes, thinking of questions you think your

instructor may ask, and then creating mock thesis and outlines.

No matter the exam, Dominico has one overall tip: "Too often students say they are going to fail. Don't even put that out there. Think positively."



ISTOCK

NYIT HOLDS OPEN HOUSE

When the Vancouver location of the New York Institute of Technology (NYIT) welcomes attendees to its upcoming open house, it will not only showcase its campus but also a forward-thinking approach to education.

"Our connection to the NYIT New York campus allows for innovation and career opportunities — and that's exciting," says Paul Dangerfield, the Vancouver campus' dean and executive director. "Students get access to experts here and in New York."

NYIT's global approach, which attracts

students from all over the world, was recently acknowledged when the school was awarded NAFSA's Simon Award for comprehensive internationalization. The award recognizes excellence in integrating international education across all aspects of a post-secondary campus.

In addition to its international thinking, NYIT's open house will also highlight its programs, among which are two new offerings — master of science in instructional technology, educators and master of science in energy management — that

launch in June.

"Participants will be able to learn about all of our four main areas of engineering, business, education and computing," says Dangerfield. "They will also be able to speak to faculty and current students, have the opportunity to enroll, learn about the careers associated with the programs, and find out about our academic support and student life."

The open house will take place on April 19 from 5 to 7 p.m. For more information and to register, visit nyit.edu/vancouver.

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A failing grade is no reason to panic

With the end of the school year rapidly approaching many students across Canada are calculating where their grades on assignments, projects and midterms leave them standing in any given course.

For those whose calculations add up to a failing grade, it may feel like the end of the world or at least a major bump in their journey towards graduation. But a failed course is no reason to panic, says the manager of the student success centre at the University of Calgary.

"It's not that uncommon to fail a course, so you're definitely not alone," says Roxanne Ross. "There are many supports on school campuses that help students bounce back from these challenges and it's important to see a failed course as a learning opportunity in terms of what went wrong and how to ensure it doesn't happen again."

While the circumstances of failing a course vary, Ross says they often centre on transition issues — whether that's first year students adjusting to a post-secondary workload, time management or study strategies,

or students taking courses outside of their typical skill area. Whatever the reason, the first step to getting back on track involves utilizing an essential on-campus resource.

"An academic advisor in your faculty will help you to weigh your options based on whether the course is required, a prerequisite or an elective," says Ross of the professionals who assist students in making informed and responsible decisions regarding their academics. "For example, if a course is not required, you may choose to withdraw from it and take another elective during the summer semester. If it is a required course, an academic advisor will advise you about how and when to retake it."

At many institutions, students also have the option of appealing their grade on a certain aspect of a course such as an assignment, which may mean the difference between passing or failing. The appeal process varies and is typically outlined in the school's academic calendar, says Ross.

However, preventing course failure is as



ISTOCK

important as knowing how to navigate it, says Ross. The safest way to do so is to track your grade on an on-going basis rather than waiting until the end of the semester.

"At the first signs of difficulty, you

should be speaking with your prof or teaching assistant, looking at tutoring or creating study groups — anything that will help you to understand the course material," she says.

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In the world of a paralegal, the law comes to life. The profession is a great way to access the intrigue, excitement and challenge of a career in Canadian law.

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They become experts at handling evidence and legal documentation, and have a working knowledge of the Canadian court system.

Keeping accurate and up-to-date records is an essential part of the job.

Through their deeply honed expertise, paralegals provide essential support to their team of lawyers and other legal professionals in the exciting law office environment.

Paralegal professionals also provide important soft skills to the team, lending an ear and a helping hand to clients to guide them

through difficult situations, and sometimes taking on new and challenging situations the legal team hasn't encountered before.

The career of a paralegal can provide mentally stimulating, meaningful and well-paid work. CDI College's Paralegal program offers cutting-edge education to help students get into the profession, including a practicum that gives students real-world experience in a law office.

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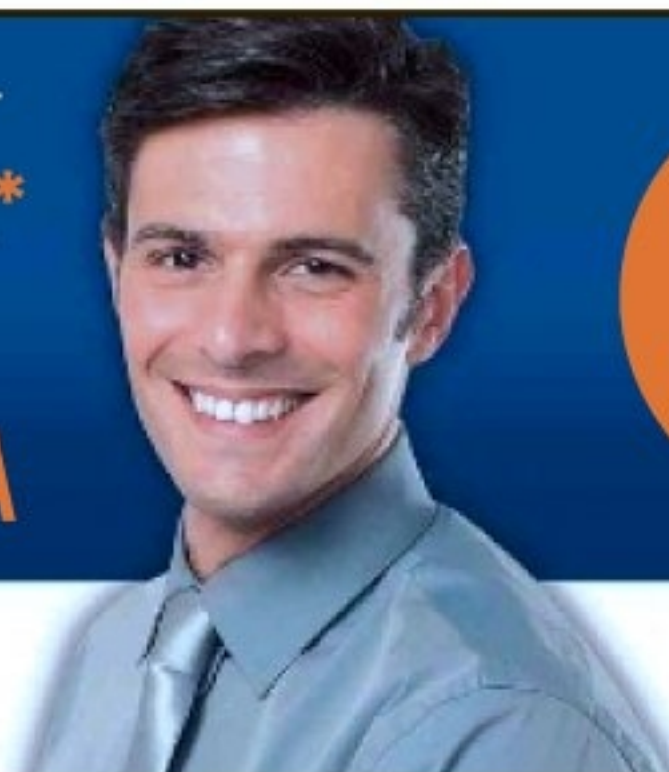
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metro SPORTS

Stephen King says new protective netting in MLB is "one more step toward taking the taste and texture out of the game I care for above all others"

Playoffs ducked by rebuild

CANUCKS

Injection of youth led to difficult losses



Cam Tucker
Metro | Vancouver

The Plan, alternatively known as the youth movement or dreaded rebuild, dominated the discussion as players dissected the worst Vancouver Canucks season since the late 1990s.

The Stanley Cup playoffs begin Wednesday.

It was evident right around mid-November this year's team wasn't capable of qualifying for the post-season — not with the way injuries to key veteran players kept piling up and the overall inconsistency that comes with introducing a host of young players into the lineup virtually all at once.

For fans, this season became about attaining the best possible odds in the draft lottery. The Canucks finished 28th in the standings. They have an 11.5 per cent chance of winning the No. 1 overall selection.

For so long, this core group of Henrik and Daniel Sedin, Alex

Burrows, Jannik Hansen and Dan Hamhuis have been accustomed to making the playoffs.

But the rebuild is on. And the youth movement, could enter new heights next season.

"It's tough for sure. It was a lot of games knowing you're going to miss the playoffs," said Daniel Sedin.

The Canucks kept 19-year-old rookies Jake Virtanen and Jared McCann for the entire season. Defenceman Ben Hutton exceeded expectations as a rookie. Sven Baertschi struggled early before scoring a career-high 15 goals.

Bo Horvat, 21, went 27 games without a goal, but salvaged the second half to the season with a stronger showing.

There could be more roster turnover this off-season, and growing pains next season.

Hamhuis is a pending unrestricted free agent, but he'd like to remain with the Canucks if possible. Radim Vrbata is also a pending UFA. Alex Burrows, despite a year remaining on his contract, may have played his last game as a Canuck.

"There's a plan in place, at least, and the young players played a lot," said Henrik Sedin. "I think they're better now than they were earlier in the season."

"It's been very tough to go through."

Henrik Sedin



Canucks forward Jake Virtanen takes a hit from the Coyotes' Klas Dahlbeck on March 9 at Rogers Arena. JONATHAN HAYWARD/THE CANADIAN PRESS

+ NOTABLE QUOTABLES

Vrbata lets off steam

Pending unrestricted free agent Radim Vrbata summed up his 2015-16 season: "This will be one of the most frustrating years,

for sure.

"Especially after the season we had or I had last year. I was expecting something else. I knew it would be a harder season for

us overall, with the changes that were made during the summer, with the players we lost in the summer.

"But I didn't expect it to be this bad."

Boeser to return to North Dakota

Promising Canucks prospect Brock Boeser announced Monday on Twitter that he'll head back to the University of North Dakota for his sophomore year.

Boeser's impressive freshman year included leading North Dakota in goals (27) and points (60) in 42 games. He capped it off with a four-point night in a victory over Quinnipiac to claim the NCAA championship on Saturday.

Given the options of turning pro, or staying in school as a sophomore, there were rumblings on the weekend that Boeser was leaning toward the latter.

The watch to see if the Canucks can ink Boston College goalie and 2016 Hobey Baker Award finalist Thatcher Demko to a contract now takes centre stage.

Demko just finished his junior year at Boston College, and if he goes back to school for the final year of his eligibility, the Canucks could risk losing him to free agency in the summer following his senior year.

Citing multiple anonymous sources, News 1130 Sports reported Monday that Demko could make his decision in the next seven to 10 days. CAM TUCKER/METRO



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The NHL playoffs and beyond

The NHL's regular season drew to a close on Sunday. Here are six things to look out for headed to the playoffs and off-season.

1 Playoff alternatives

Looking for a team to cheer for with your hometown club on the golf course? There are lots of exciting options to follow this post-season. The Presidents' Trophy-winning Washington Capitals have a high-powered offence centred around perennial all-star Alex Ovechkin and goaltender Braden Holtby is arguably the best in the NHL right now. The Caps have stumbled of late though, only winning four of their past 10 games. The Western Conference champion Dallas Stars, Pittsburgh Penguins and St. Louis Blues have all won eight of their past 10 to roll in to the playoffs. Failing that, you can always just cheer for Team Canada as they compete at the men's world hockey championship starting May 6 in Moscow and St. Petersburg, Russia.

2 Patrick Kane dominates

For weeks there had been no doubt who would win the Art Ross Trophy as the NHL's leading scorer: Chicago Blackhawks forward Patrick Kane. He finished the regular season with 44 goals and 59 assists, 14 points more than Dallas Stars forward Jamie Benn and 18 more than Pittsburgh Penguins captain Sidney Crosby. Benn won the scoring title with 87 points last year, a testament to Kane's superb season. It's the most points since Crosby had 104 in 2013-14.



3 Stamkos sweepstakes

Drafting isn't the only way to rebuild your team. Free agency on July 1 is also an option, with Tampa Bay Lightning forward Steven Stamkos the most valued player on the market. The 26-year-old Stamkos has 312 goals and 250 assists over eight seasons with Tampa. Negotiations with Lightning GM Steve Yzerman seem to have stalled but Stamkos will be out for one to three months after having surgery last week to address blood clots in his right shoulder. Where Stamkos ends up and if he can return to form after the surgery will be two of the biggest stories in the NHL this summer.



4 Draft odds

The Toronto Maple Leafs, Edmonton Oilers and Vancouver Canucks had the three worst records in the league, meaning they'll have the best chances at the first overall pick when the NHL holds its draft lottery on April 30. Toronto has a 20 per cent shot at the top pick, presumably highly touted centre Auston Matthews, Edmonton has a 13.5 per cent chance and Vancouver is at 11.5. The Maple Leafs have only drafted first overall once in the team's history, selecting Wendel Clark in 1985. The Canucks have never had the first overall pick, unlike the Oilers, who've had four in the past six years.



5 Glimpse of the future

Connor McDavid was the man to watch at the start of this season. The Edmonton Oilers rookie sensation had his rookie campaign shortened by a broken collarbone but finished the year with 15 goals and 32 assists in 45 games. Fans across the country caught a glimpse of their team's futures as Canada's NHL teams called up prized prospects. Forward William Nylander in Toronto, goaltender Connor Hellebuyck in Winnipeg and defenceman Jared McCann in Vancouver, all impressed during their time with their NHL clubs.



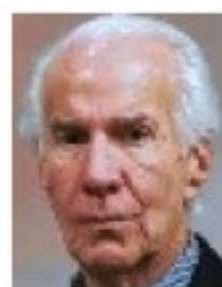
THE CANADIAN PRESS
PHOTOS BY GETTY IMAGES

OBITUARY

Flyers founder dies of cancer at 83

Ed Snider, the Philadelphia Flyers founder whose "Broad Street Bullies" became the first expansion team to win the Stanley Cup, has died after a two-year battle with cancer. He was 83. The Flyers said he died early Monday morning.

Snider was arguably the most influential executive in Philadelphia sports. He was chairman of the 76ers, was once a part-owner of the Eagles and had a hand in founding both Comcast's local sports channel



Ed Snider
GETTY IMAGES

and the city's largest sport-talk radio station. Upon hearing that the National Hockey League was going to expand from its original six teams to 12, Snider petitioned the league and was awarded an expansion club in 1966.

THE ASSOCIATED PRESS

IN BRIEF

Legendary Habs coach begins therapy after stroke
Hospital officials say Sen. Jacques Demers has begun therapy and that his health is continuing to improve after his stroke last week.

They said in a statement Monday afternoon the 71-year-old's overall medical condition is stable.

Demers, who coached the Montreal Canadiens to their 1993 Stanley Cup victory, was rushed to hospital last Wednesday night. THE CANADIAN PRESS

Sabres GM says blood clot ends McCormick's career

Buffalo Sabres general manager Tim Murray says forward Cody McCormick has decided against resuming his NHL career a year after a blood clot was found in his left leg.

McCormick does not want to jeopardize his health, Murray said. McCormick has not played since scoring a goal on Jan. 10, 2015, a day before he was hospitalized after the clot was discovered.

THE ASSOCIATED PRESS

FLORIDA PANTHERS

The struggle to grow beards is real

Plenty of young players in the Florida Panthers' locker-room are getting exposed to the Stanley Cup playoffs for the first time, and some are already struggling. Not in the hockey sense.

Problem is, a few fresh-faced Panthers, well, they can't grow beards.

"It might be an issue," Florida forward Nick Bjugstad said Monday, running his fingers along the few wisps of scraggly blonde hair barely covering his chin.

The New York Islanders, Flor-

“

If I have to grow one, I'll grow one.
Panthers GM Dale Tallon

ida's first-round opponent, with the Panthers hosting Game 1 on Thursday, were widely credited with being the first team to eschew shaving throughout the post-season in the early 1980s.

THE ASSOCIATED PRESS



Wolfsburg were able to hold Cristiano Ronaldo and Real Madrid scoreless in the first leg of their Champions League quarter-final last Wednesday in Germany.

STUART FRANKLIN/BONGARTS/GETTY IMAGES

Wolves circling in Madrid

CHAMPIONS LEAGUE

CR7 hopes for 'magical night' to overcome VfL Wolfsburg

Real Madrid is going to need a "perfect" performance to overcome Wolfsburg in the Champions League quarter-finals.

The teams meet Tuesday at the Santiago Bernabeu Stadium with Madrid trailing 2-0 from the first leg and trying to reach the semifinals for the sixth straight time.

"It must be a perfect night," Madrid forward Cristiano Ronaldo said. "Those of us on the pitch need to run, fight and play with intensity for 90 minutes. Obviously, with the fans helping and supporting us, it will be easier. I hope that it will be a magical night and I

+ PARIS SAINT-GERMAIN AT MAN CITY

The matchup between teams trying to establish themselves as European powers is the tightest of the quarter-finals following a 2-2 draw in France.

With the French title long secured, PSG now has the luxury of focusing its resources on Europe, and forward Zlatan Ibrahimovic and winger Angel Di Maria were among first-team regulars rested for last weekend's win at Guingamp.

Manchester City is locked in a tough scrap to hold onto fourth place in the Premier League and is still heavily reliant on Captain Vincent Kompany who will miss Tuesday's clash.

am very excited."

Ronaldo said Madrid will also need "patience" to get the goals it needs, which shouldn't be a problem considering the team's impressive record at the Bernabeu recently.

The 10-time European champions have scored at least two goals in 12 of their last 13 games at the stadium, with an average of almost five goals per match. They have won every game ex-

cept for a 1-0 loss to city rival Atletico Madrid in the Spanish league in February.

Among the victories were a 7-1 rout of Celta Vigo, a 10-2 thrashing of Rayo Vallecano and an 8-0 trouncing of Malmo in the group stage of the Champions League.

"This is a big match, but you need a cool head to play in it," Real Madrid coach Zinedine Zidane said Monday. "We are

not going to win it in 10 or 15 minutes. We have to score, but we have 90 minutes to do so. We need to be patient."

Madrid has won 18 of its 21 games at the Bernabeu this season, with the setbacks coming against Atletico (1-0 loss), Malaga (0-0) and Barcelona (4-0 loss).

"We don't care that there will be 80,000 fans supporting Real Madrid, we are here to play football," Wolfsburg coach Dieter Hecking said. "We knew we would need two magnificent days to advance in the competition, now we just need one. I think we can do our bit."

Real Madrid won all of its four games at home in this season's Champions League by outscoring opponents 15-0.

"Everyone thinks Real will score three, four goals," Wolfsburg defender Naldo said. "But if we stay compact, we can make it very difficult for them."

THE ASSOCIATED PRESS

MLB

Rockies rookie Story having a start for the ages

Manager Walt Weiss told rookie Trevor Story when he reported to spring training that he had a chance to win the starting shortstop job for the Colorado Rockies, with veteran Jose Reyes on paid leave while facing legal issues.

Then, he sat back and wondered how the 23-year-old would handle his opportunity.

"You see young players go either way. Sometimes it's

too much for them at an early age," Weiss said. "Trevor went the other way. He elevated his game. I never saw the game get too fast for him in spring training. It's nice when pressure brings out the best in people."

Nobody in major-league history ever had a first week like Story did: a record seven home runs in his first six games, including homers in his first four

starts.

"It has been fun so far," Story said Sunday after hitting a solo shot in Colorado's 6-3 win over San Diego, giving him 12 RBIs and putting him on a ridiculous pace for 189 home runs and 324 RBIs this season.

OK, that won't happen. But that's the kind of start Story had in his first week in the majors.

Cooperstown already has

Story's helmet and batting gloves.

"They asked for the bat," Story said, "but I couldn't give up the bat."

Story, who averaged 14 home runs in his five minor-league seasons, has no explanation for his sizzling start.

"I just clear my mind, compete with my eyes and react with my hands," he said.

THE ASSOCIATED PRESS

500

Of the 27 players in the 500-homer club, Willie McCovey needed the fewest games — 18 — to reach seven home runs back in 1959, according to STATS. Barry Bonds needed 38, Hank Aaron 49, Babe Ruth 68 and Alex Rodriguez 77.



Trevor Story GETTY IMAGES

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IN MINNEAPOLIS

Winless Twins are not 'freaking out'

Even when the Minnesota Twins catch a break, it doesn't take long for things to take another turn for the worst.

Austin Jackson hit a two-run single in the fourth inning one pitch after narrowly missing a grand slam, lifting the Chicago White Sox over Minnesota 4-1 on Monday to spoil the Twins' home opener and stretch their season-opening losing streak to seven games.

"I know people think we're freaking out, but we're not," Twins third baseman Trevor Plouffe said. "I think we're pressing a little bit. I think that's pretty ob-

vious."

The Twins were 0 for 6 with runners in scoring position and are a league-worst 5 for 55 in those situations this season.

They've also struck out 79 times, compared to just 72 hits or walks.

"It's a combination of different things for different people," manager Paul Molitor said. "It's an experience thing and learning to trust a little bit more."

Jose Quintana (1-0) completed six smooth innings with one run allowed for the White Sox, who have won five of their first seven games. THE ASSOCIATED PRESS

0-7

This is the worst start for the Twins franchise since the original Washington Senators lost their first 13 games in 1904, according to STATS.

IN BRIEF

Thunder stars steal show in Kobe's final road game

Kevin Durant scored 34 points and Russell Westbrook had a triple-double by halftime to help the Thunder beat the Los Angeles Lakers 112-79 on Monday night in the final road game of Kobe Bryant's 20-year career.

Kobe looked vintage in the first quarter with 13 points, but he went scoreless the rest of the way.

THE ASSOCIATED PRESS

Timbers awaiting word on U.S. international Nagbe

The Portland Timbers were awaiting test results on Darlington Nagbe's left ankle following a scary injury Sunday against the Los Angeles Galaxy.

Nagbe had to be taken from the field by stretcher after he was tackled roughly by Galaxy midfielder Nigel de Jong. THE ASSOCIATED PRESS

China set up soccer boom

China has announced a plan to develop the nation's soccer talent that envisions 50 million players joining in by the end of the decade.

The Chinese Football Association's plan calls for the country to have 70,000 fields, including those newly built and refurbished.

THE ASSOCIATED PRESS

Police plan to add charge to accused in Smith shooting

New Orleans Police say they plan to add a new charge against the man accused of killing former Saints player Will Smith. The charge will involve the shooting of Smith's wife, Racquel.

Investigators have not yet decided whether to re-arrest Cardell Hayes on a charge of attempted murder or aggravated battery in the shooting that left her with a leg injury. THE ASSOCIATED PRESS

RECIPE Chopped Chicken and Asparagus Salad



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love half-homemade dishes. Pick up a rotisserie chicken from the store, do some chopping and assemble — you'll have a great dinner salad that yields lots of leftovers.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1/2 whole roasted chicken, white meat sliced and cut into bite size chunks
- 1 cup shaved cheddar cheese
- 1 red pepper, sliced and chopped
- 1 bunch of asparagus, steamed and chopped
- 4 kale leaves, stemmed and chopped

Directions

1. In a tall, lidded pot, place two inches of water. Tie asparagus into a bundle with string and place in pot upright. Cook for 3 to 8 minutes depending on thickness. Remove from water and set aside.

2. Chop chicken meat and place in a large mixing bowl.

3. Shave cheese and cut asparagus into bite size pieces similar in size to chicken. Chop red pepper. Combine chicken, cheese, asparagus and red pepper into bowl and gently mix. Drizzle desired amount of dressing into salad.

4. Arrange chopped kale on plates and then spoon chicken salad over top and serve.

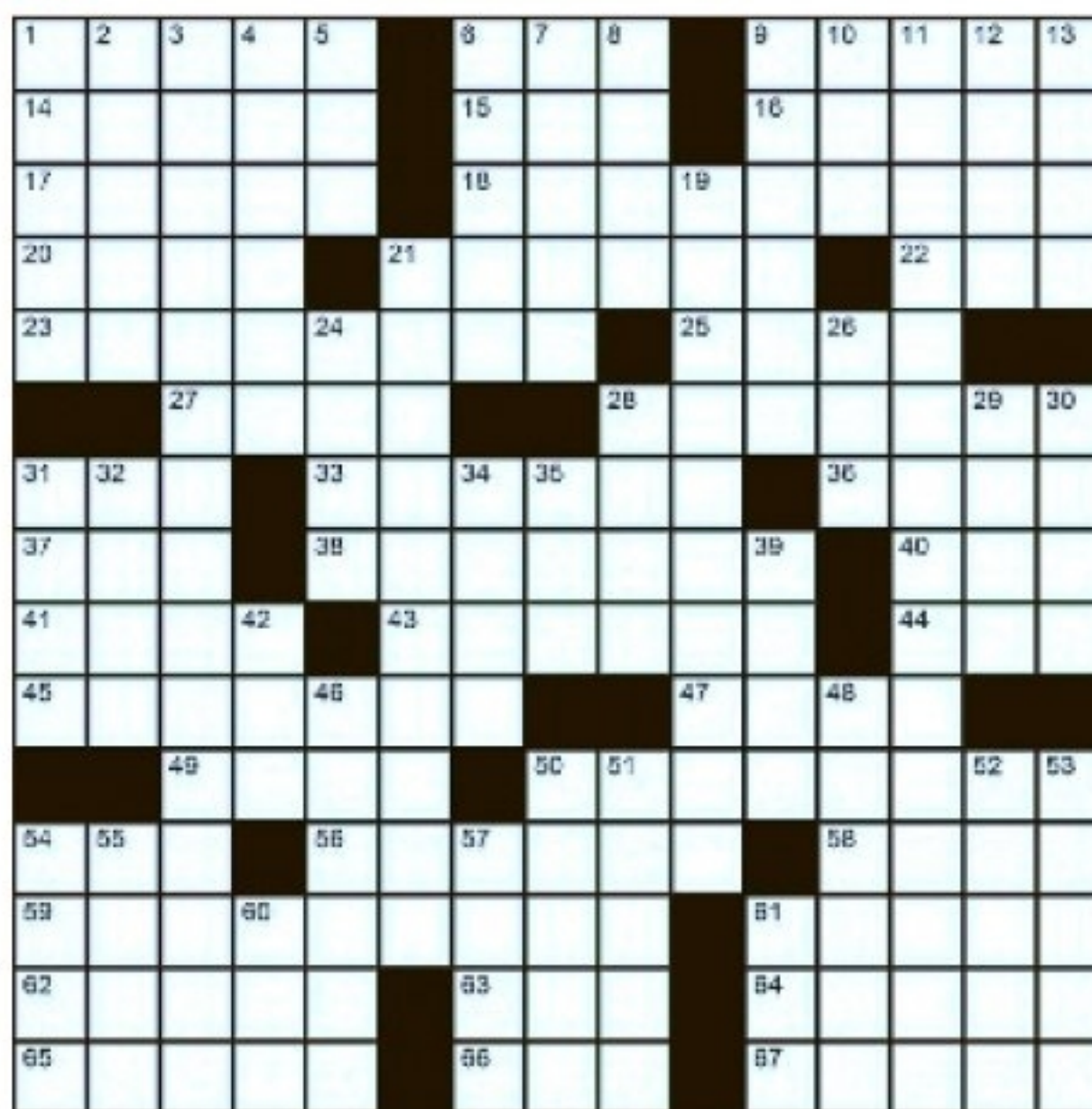
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BY KELLY ANN BUCHANAN

ACROSS

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6. River of Hiroshima
9. Amu _ (River in Asia)
14. Hoop-shaped
15. Fabled flapper
16. Hunter constellation
17. Singer Ms. Menzel
18. Hindrances
20. Montreal 'Miss', mini-ly
21. Hours: French
22. Laugh half
23. "Halifax" is a song on the new album 'ArrangingTime' by what American singer? 2 wds.
25. 1973 to 1974 police series
27. Superstar
28. Wine/fruit punch
31. Climber's conquest, curtly
33. Andean animals
36. Nero's 1605
37. Gang
38. Alaska's archipelago-dwelling bears
40. 'Sun' complet-er (Dessert)
41. Gator's look-alike
43. Put on that Spring jacket: 2 wds.
44. Hosp. professionals
45. 'Shrinking' flowers
47. Minimum _
49. Modelling's Miranda
50. Tires brand
54. Flight tower serv. for planes



56. Tower of London guard
58. Man _ _ Man-cha (Musical)
59. Novelist, William Makepeace _ (b.1811 - d.1863)
61. Madrid 'waters'
62. Motor scooter company

63. Soul, in Paris
64. Mail: French
65. "For he that _ through Morgoth's eyes..." - J.R.R. Tolkien, The Silmarillion
66. Pot's cover
67. "The Biggest _" (NBC show)

DOWN

1. Style with a 1980s hair iron
2. "Tee _ _ Un-Bum-Bo"
3. Living room feature: 2 wds.
4. Requiring resources: 2 wds.
5. Q. "Is Phys. _ _ class

- we have to take?" A. "Unfortunately."
6. Dictate
7. Bruce Springsteen's "Born _"
8. Buying _ _ (Dealer-ship transaction)
9. Canadian singer Fefe
10. 'Masc' ender

- (Eye makeup)
11. Actor who brought Duddy Kravitz to life on the silver screen: 2 wds.
12. Aviator's steering wheel
13. Grande _ _ (New Brunswick village)
19. Alberta city south of Edmonton
21. Vancouver... Landmark in Stanley Park that's over 700 years old: 2 wds.
24. Egg part
26. Movie studio
28. France/Germany river
29. The Who's " _ _ See for Miles"
30. Holy hails
31. Gladiator's 2105
32. Ms. Spelling
34. Tangy drinks
35. "Mamma _!" (2008)
39. Headliner
42. Key: French
46. Singer/actress, _ Badu
48. "Slide" by The _ _ Dolls
50. Savoury fifth taste
51. Gave a 'Yea'-opposing vote
52. Winged
53. Dermatologist's tool
54. Off-road rides, commonly
55. 'You' of yore
57. _ _ B (Tooth-brush brand)
60. Ship's leader [abbr.]
61. will.i.am's band-mate, _ _ de.ap

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Give yourself extra time this morning so you have wiggle room to deal with surprises, because something unexpected will occur. Forgotten appointments or sudden changes are likely.

Taurus April 21 - May 21
Disputes about inheritances and shared property are likely now. This morning, unexpected news could affect these arrangements. Stay on top of things!

Gemini May 22 - June 21
Today the Moon is in your sign, which makes you more emotional than usual; however, it also favours you with good luck. Unexpected news might catch you off guard.

Cancer June 22 - July 23
Something might make you feel unsettled or uncertain about things today. If this is the case, reserve important decisions for the morning, and do nothing in the afternoon. Just coast.

Leo July 24 - Aug. 23
This is a fun day! Enjoy the company of others; however, don't commit to anything this afternoon. (You might meet a real character this morning or someone you know might do something that amazes you.)

Virgo Aug. 24 - Sept. 23
Bosses, parents and VIPs might throw you a curveball this morning. Wait until tomorrow to respond. You'll be glad you did.

Libra Sept. 24 - Oct. 23
Travel plans will be interrupted this morning. However, by contrast, you suddenly might have to travel somewhere even though you didn't expect to do so. "Whaaaat?"

Scorpio Oct. 24 - Nov. 22
When dealing with shared property, taxes, debt and inheritances, restrict your decisions to this morning. Furthermore, expect a few surprises! (Know your stuff.)

Sagittarius Nov. 23 - Dec. 21
A partner or a close friend might say or do something you least expect this morning. However, you might like it. Whatever happens might give you more freedom in some way.

Capricorn Dec. 22 - Jan. 20
Your work routine will be interrupted this morning because of power outages, computer crashes, staff shortages or something unexpected.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, especially this morning. Therefore, be vigilant and know what's going on.

Pisces Feb. 20 - March 20
Small appliances might break down this morning or minor breakages could occur because your home routine will have some speed bumps. Definitely. Perhaps surprise company will knock on your door.

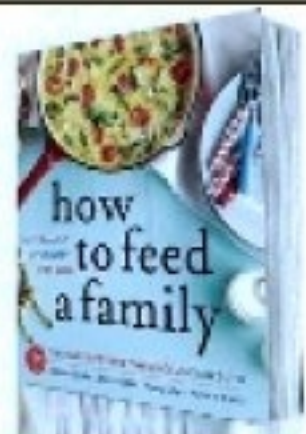
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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